

# Stoicism

Good, basic books on Stoic philosophy. The focus here is on: a) a few writers who have interpreted Stoic philosophy for modern audiences, b) the surviving Greco-Roman texts, and c) a couple of biographies. Unfortunately, I've yet to find a good biography of Marcus Aurelius; let me know if you've found one! The links here all go to Goodreads and, for the ancient texts, to the translations/editions I recommend. By the way, not one of these books is in the Coquitlam Library system!

Created by Ron Peters

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**William B. Irvine. A Guide to the Good Life: The Ancient Art of Stoic Joy**

<https://www.goodreads.com/book/show/5617966-a-guide-to-the-good-life>

This was THE original book on the modern interpretation of Stoicism. Still a go-to text.

**Massimo Pigliucci. How to Be a Stoic: Using Ancient Philosophy to Live a Modern Life**

[https://www.goodreads.com/book/show/31423245-how-to-be-a-stoic?ac=1&from\\_search=true&qid=agEw7jKwXs&rank=1](https://www.goodreads.com/book/show/31423245-how-to-be-a-stoic?ac=1&from_search=true&qid=agEw7jKwXs&rank=1)

Massimo teaches philosophy in New York City. He is a good interpreter of classical Stoic writings for modern audiences, but he sticks for the most part with a philosophical perspective and is a bit less practically oriented than Irvine or Robertson

**Epictetus. Discourses, Fragments, Handbook**

<https://www.goodreads.com/book/show/18189134-discourses-fragments-handbook>

A classic Greco-Roman text on Stoicism, also made up notes taken by Arrian, one of his students.

**Donald J. Robertson. How to Think Like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius**

<https://www.goodreads.com/book/show/39863499-how-to-think-like-a-roman-emperor>

Don Robertson is a cognitive behavioural therapist who lives in Nova Scotia. He provides many useful insights and tons of practical advice on how to link personal growth, psychotherapy, and Stoic philosophy.

**Musonius Rufus. Lectures and Sayings**

[https://www.goodreads.com/book/show/11041525-musonius-rufus?ac=1&from\\_search=true&qid=hi7lcA2c6O&rank=1](https://www.goodreads.com/book/show/11041525-musonius-rufus?ac=1&from_search=true&qid=hi7lcA2c6O&rank=1)

Musonius Rufus was Epictetus' teacher. A small amount of what he said (he didn't write things down) was recorded by one of his pupils.

**Marcus Aurelius Meditations**

<https://www.goodreads.com/book/show/1168191.Meditations>

A core text of Greco-Roman Stoic philosophy

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Seneca the Younger. Moral Letters to Lucilius

<https://www.goodreads.com/book/show/30228592-moral-letters-to-lucilius>

A classic of Roman Stoic Philosophy

Cicero. On Moral Ends

[https://www.goodreads.com/book/show/54020791-cicero?ac=1&from\\_search=true&qid=MZ6NpWMPsu&rank=4](https://www.goodreads.com/book/show/54020791-cicero?ac=1&from_search=true&qid=MZ6NpWMPsu&rank=4)

Cicero was not a Stoic, but he knew Stoic philosophy well and this provides a good overview of Stoic morality. You could also look at his On Duties, and Tusculan Disputations.

Seneca the Younger. Dialogues and Essays

[https://www.goodreads.com/book/show/1933080.Dialogues\\_and\\_Essays?from\\_search=true&from\\_srp=true&qid=JOaWK3fTvi&rank=1](https://www.goodreads.com/book/show/1933080.Dialogues_and_Essays?from_search=true&from_srp=true&qid=JOaWK3fTvi&rank=1)

A good selection of Seneca's Essays and Dialogues

Diogenes Laertius. Lives of the Eminent Philosophers, Volume Two

[https://www.goodreads.com/book/show/783425.Lives\\_of\\_Eminent\\_Philosophers\\_Vol\\_2\\_Books\\_6\\_10?from\\_search=true&from\\_srp=true&qid=wOi31egrNo&rank=4](https://www.goodreads.com/book/show/783425.Lives_of_Eminent_Philosophers_Vol_2_Books_6_10?from_search=true&from_srp=true&qid=wOi31egrNo&rank=4)

The works of the old, original Greek Stoic philosophers are lost. Laertius collected what was available in about 200 AD into this book. See this volume for what is known of the works of Zeno, Cleanthes, and Chrysippus.